

Test yourself

Circle the number beside each food below that is a healthy snack.

1. carrot sticks
2. potato chips
3. donut
4. bagel
5. orange
6. hot dog
7. cereal and milk
8. peaches
9. crackers and cheese
10. cookies

Turn this page upside down to view the correct answers.

ANSWERS: 1, 4, 5, 7, 8, 9



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SNACK THE SMART WAY!



WHAT IS A SNACK?

Snacks are anything that you eat or drink between regular meals. Healthy snacks may help you get lots of nutrients in addition to your regular meals.

How to Snack the Smart Way

Plan **healthy** snacks.

Time your snacks.

Eat **small**, not large snacks.

Plan Healthy Snacks

Snack on foods that are low in fat, salt, and sugar.

- fresh, frozen, dried, or canned (*in its own juice*) fruit
- raw or cooked vegetables
- low-fat or fat-free milk
- yogurt
- pudding made with low-fat milk
- pretzels or low-fat crackers
- rice cakes
- bagel, small
- english muffin
- toast
- cereal

TIME YOUR SNACKS

**Snack 1 1/2 to 2 hours
before a meal.**



EAT SMALL SNACKS

Eating small snacks ensures that your body will not store extra energy as fat. This will also help you to still be hungry for your next meal. Try one or two of the following for your next snack.

- 1/2 cup canned fruit
- 1 cup yogurt
- medium apple

